



CAPITAL NORDIC WALKING PROFICIENCY COURSES

Welcome to Capital Nordic Walking. Our courses are designed to help you learn the correct technique for Nordic Walking. They include familiarisation with equipment and take a sequential approach to learning how to use NW poles correctly to ensure maximum benefit, achievement of individual goals, and avoidance of injuries.

Who are the Nordic Walking Courses suitable for?

Our courses are designed for people who want to get more out of their walks and those who want to introduce a low-intensity, high-impact workout into their existing fitness regime; whether it be for general whole-body fitness, weight-loss, training for running or sports. They are also very suitable for people with balance and mobility challenges that make it difficult for them to walk easily or far.

Do I really need to do a course to learn to walk with fitness poles?

Learning to Nordic Walk is a bit like learning to ride a bike. The first few times it can feel a bit strange. But once you've mastered it, it feels natural and easy – like you've always done it.

The truth is that you don't need lessons to walk with poles! Anyone can buy a pair of poles and start walking with them. Whether they are doing it correctly is another thing. It's a bit like golf and tennis that way. But like golf and tennis, if you want to do it well, avoid getting injuries and get the maximum benefits, it's a good idea to get lessons from a qualified and experienced Nordic Walking Instructor.

It's important to note that it varies as to how long it can take to master the technique to a point where it feels natural. From our experience people who practice 3-4 times per week start to feel comfortable with the poles after around 4-6 weeks. Some people achieve mastery much faster and some take a little longer.

Session Components

All three sessions will have a similar format and components:

- Introduction and objectives
- Skill development (on grass surface)
- Practice walk to apply new skills (on grass and sealed paths)
- Review, questions, concerns, arrangements for future sessions

Handouts are provided on warm up and mobilisation exercises, and cool down and stretching for NWing

Session Content

Session 1. Foundations: Healthy walking posture, ideal arm-swing, how to hold/control the NW pole handles correctly/safely, maintain correct angle of pole behind body, "landing" / "planting" poles on the "sweet spot"

Session 2. Power of the Poles: review and refine foundations from Session 1. plus learning how to harness the power of the the upper body to propel the body forward by pushing through the straps, fully engaging upper arm and back muscles (and unloading up to 10kg from lower back, hips, knees and ankles). You will be provided with a video analysis of your technique to help with understanding aspects to focus on to achieve mastery.

Session 3. Putting it all together – taking the next step: learning the technique for fuller rear arm/pole extension, improved heel/toe action & pushing off; engaging calf, hamstrings & gluteal muscles. Learning to gear/speed up to increase cardio work, techniques for walking up and down hills and steps to get most out of the poles while protecting knees.

Kristen Pratt is a qualified Occupational Therapist and Certified Nordic Walking Instructor with Nordic Walking UK, International Nordic Walking Federation (Australia), the Nordic Academy and Urban Poling. Kristen taught Nordic Walking in Europe in 2012-13 and founded Capital Nordic Walking in Canberra in 2014. She has a Cert IV in Fitness, a current first aid certificate and has full public liability and professional indemnity insurance.

Contact Kristen on [04 9999 3215](tel:049993215) or hello@capitalnordicwalking.com.au

B.AppSc (OT), M.EdSt, M.BA, M.IntDev't

For more information: www.capitalnordicwalking.com.au

PRICING STRUCTURE: GROUP, COUPLES & INDIVIDUAL LESSONS

Capital Nordic Walking Courses are designed and structured to ensure that participants effectively learn correct basic NW technique and are provided with guidance regarding which NWing pole models are most suitable for their needs.

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| <p>Monthly Introduction to Nordic Walking: A one-hour presentation on the background, benefits and applications of Nordic Walking, NW poles and the difference between them and hiking poles, including a Nordic Walking demonstration. Reading material available, and plenty of time for questions</p> | Free |
| <p>1. Nordic Walking for <u>Fitness</u> (option to use classic strapped NW pole or strapless Urban Pole)</p> <ul style="list-style-type: none"> • 3 x 1-hour group sessions for 3 to 5 people • Suitable for people who are moderately to very active and who don't have any major health or mobility problems <p>Concession holders: \$130.00 pp</p> | \$150.00pp (incl pole hire and resources) |
| <p>2. ACTIVATOR: Nordic Walking for <u>Balance and Mobility</u></p> <ul style="list-style-type: none"> • 2 x 1-hour group sessions for 2 - 4 people • Designed for people with balance and/or mobility challenges, pain, or energy deficits that find it difficult to walk easily or far, including people with joint pain, Parkinson's, Multiple Sclerosis, Chronic Fatigue and people going through treatment for cancer. <p>Concession holders: \$90.00 pp</p> | \$110.00 pp (incl pole hire and resources) |
| <p>3. Group Nordic Walking for <u>Fitness</u> (option to use classic strapped NW pole or strapless Urban Pole)</p> <ul style="list-style-type: none"> • 3 X 1 hour course is for ready-made groups of 3 to 5 people (friends, family, colleagues) who want to learn to Nordic Walking together and are moderately to very active and who don't have any major health or mobility problems. <p>Concession Holders: \$130.00 pp</p> | \$150.00 pp (Incl pole hire and resources) |
| <p>4. <u>Couples/Mates</u> Nordic Walking for Fitness or Balance and Mobility (ACTIVATOR)</p> <ul style="list-style-type: none"> • 3 X 1 hour course for 2 people only who want to learn to Nordic Walk together and are moderately to very active and who don't have any major health or mobility problems <p>Concession holders: \$160.00 pp</p> | \$180.00 pp (incl pole hire and resources) |
| <p>5. <u>Private</u> Nordic Walking for Fitness or Balance and Mobility (ACTIVATOR)</p> <ul style="list-style-type: none"> • For maximum convenience and personal attention. This course is for people who prefer to learn to Nordic Walk on their own. • The Private Nordic Walking for Fitness Course is 3 X 1hour sessions and the Private Nordic Walking for Balance and Mobility is a 2 X 1 hour course <p>Concession holders: \$85.00 per hour</p> | \$100.00 per hour (incl pole hire and resources) |

Nordic Walking outperforms regular walking, jogging, cycling, and swimming

Around the world, millions of Nordic Walkers are enjoying the immense health and fitness benefits that this new form of fitness walking provides. Nordic Walking is unique in that it can provide benefits for everyone, all ages, from those with medical problems to the super fit. The health benefits of NW are proven to be significantly greater than regular walking, jogging, swimming and cycling. Findings from research out of Europe and the USA shows that Nordic Walking is also an effective rehabilitation measure that can be individually adapted to assist with injury-recovery, acute and chronic conditions including arthritis and other joint conditions, diabetes, and neurological and cardiovascular-related diseases.